

Hawaii WIC Program Women, Infants & Children

Food List



Effective October 2013
Brands, types, or sizes are subject to change.

Before you shop

- Look at the “First Day to Use” and the “Last Day to Use” printed on your WIC checks to make sure you are taking the right checks to the store.
- Teach your alternate(s) how to shop with WIC checks.
- Have your alternate(s) sign your WIC ID Folder before he or she goes to the store to shop for you.
- Look for the WIC logo to know where to shop.

While you shop

- Separate WIC foods from the other foods you are buying.
- Use the WIC Food List to choose WIC approved foods and correct package sizes.

At the checkout stand

- Group your WIC foods by each check.
- Tell the cashier right away that you are using WIC checks.
- After the cashier writes the price on the check, sign it in front of the cashier. Do not sign your checks before you go to the store.
- You will not receive change from any WIC transaction.

If you have questions at the grocery store talk to the store manager. If you still have more questions after talking to the store manager, call your WIC agency at the number listed on the front of your WIC ID Folder or call the State WIC Program.

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Authorized food items are specific to each individual food category. Each food category is printed in ALL CAPS, which will be used only for food category names.

MILK

CAN BUY



Buy the type and container size listed on the check

- Least Expensive Brand
- Fat-free (skim), low-fat (1%), reduced-fat (2%)



The following are allowed only when listed on the check (Least Expensive Brand)

- Whole milk
- Acidophilus or lactose free milk
- Dry (powdered) milk
- Evaporated milk

CANNOT BUY

- No rice milk
- No buttermilk
- No goat's milk
- No flavored milk
- No organic

Tips:

- Whole milk is issued only for children under the age of 2 years.
- Women and children over the age of 2 are issued reduced fat, low fat or fat-free milk. This also applies to Lactose Reduced or Lactose Free milk.
- Make sure you know the container size which has been issued to you - quart, half gallon or gallon. If you have been issued two half gallons, you may not combine them to purchase a one gallon container, etc.

CHEESE AND EGGS

CHEESE

CAN BUY



**1 pound
(16 ounces) block or ball only,
made in U.S.A.**

- Least Expensive Brand of Cheddar, Colby, Mozzarella, or Monterey Jack
- Regular, reduced or fat-free



CANNOT BUY



- No shredded, sliced, cube, string, or deli
 - No cheese with peppers, herbs, or flavors
 - No organic
-

EGGS



CAN BUY

**Packages of one dozen
medium or large only.**

- Least Expensive Brand
- White, grade A chicken eggs only



CANNOT BUY



- No other size, type or color of egg
- No specialty eggs, such as fertilized, free range, pasteurized, or omega
- No organic
- No Powdered or Liquid Eggs

SOY MILK AND TOFU

SOY MILK



CAN BUY

(available as a milk substitute only/children needing these foods must have medical documentation)

Brand, type, and size listed below:

Pacific Ultra Soy

- Plain or Vanilla
- Quarts Only

8th Continent Soymilk

- Original or Vanilla
- Half Gallon Only

CANNOT BUY

- No other brands or flavors
 - No DHA/ARA
 - No organic
-

TOFU



CAN BUY

12-16 ounce block in medium firm, firm, or extra firm

- Brands: Azumaya, House, Mori-Nu


CANNOT BUY

- No soft
- No flavored or with seasonings
- No organic

WHOLE GRAINS

BREAD

CAN BUY

- Least Expensive Brand 
- 1 pound (16 ounces) loaf
- 100% Whole Wheat




CANNOT BUY

- No organic
-

BROWN RICE

CAN BUY

- Least Expensive Brand 
- 1 pound (16 ounces) bag
- Short or long grain, instant, quick, or regular cooking time



CANNOT BUY

- No ready to serve or boil-in-a bag
 - No organic
-

TORTILLAS

CAN BUY

- Least Expensive Brand 
- 1 pound (16 ounces)
- whole wheat or corn tortillas



CANNOT BUY

- No fried, flavored, or seasoned
- No organic

PEANUT BUTTER, DRY BEANS, PEAS AND LENTILS

PEANUT BUTTER



CAN BUY

16 to 18 ounces only

- Any brand, plain, smooth, chunky, crunchy, extra crunchy or natural

CANNOT BUY

- No spreads or reduced-fat
 - No added jam, jelly, honey, chocolate, or flavors
 - No organic
-

DRY BEANS, PEAS & LENTILS

CAN BUY

8 to 16 ounces only

- Any brand and type, dry only
- Mix or single type
- 8 ounce or larger to equal up to 16 ounces



CANNOT BUY

- No added grains, spices, flavors, or seasoning packets
- No Hokkaido Azuki or Hokkaido Black Soy Beans
- No organic

JUICE

CAN BUY

100% juice, with no sugar added, with at least 120% Daily Value (DV) for vitamin C

- Flavors and brands allowed shown below
- Frozen juice concentrate types shown below
- The following are allowed only when listed on the check:
16 ounce frozen juice concentrate

Frozen Concentrate in 10 to 16 ounces:

Apple

Western Family



Seneca (red label)



Tree Top (green label)



Best Yet



Old Orchard



Grape

Welch's Purple
(yellow pull-strip)



Welch's White
(yellow pull-strip)



Old Orchard



PINEAPPLE

Dole



Old Orchard



ORANGE

Any Brand OK



CANNOT BUY

- No blends, juice beverage, drinks, cocktail punch, or nectars
- No added zinc or other nutrients
- No organic

BREAKFAST CEREAL

CAN BUY

WHOLE GRAIN CEREALS

51% or more whole grain.

Brand in 12oz. – 36oz. box or bag cereal listed below

Brand, type, and size listed below:



Western Family
Frosted Shredded
Wheat



Western Family
Wheat Squares



Western Family
Frosted Shredded
Wheat Bite Size



Western Family
Toasted Oats



Western Family
Quick 1 Minute
Oatmeal



Western Family
Old Fashioned
Oatmeal



Best Yet
Quick Oats



Best Yet
Toasted Oats



Best Yet
Frosted Shredded
Wheat



Best Yet
Shredded Wheat



Ralston
Frosted Shredded
Wheat



Malt-o-meal
Blueberry
Mini Spooners



Malt-o-meal Original
Hot Wheat



Malt-o-meal
Chocolate
Hot Wheat



Malt-o-meal
Frosted Mini Spooners



Malt-o-meal
Strawberry Cream
Mini Spooners



Safeway
Toasted Oats



General Mills
Total



General Mills
Kix

CANNOT BUY ☹

- No other brand, type, size, or flavor of breakfast cereal
- No Grits
- No Hot breakfast cereal with added fruits, nuts, or sugars

BREAKFAST CEREAL cont.

Other CEREALS

Brand in 12oz. – 36oz. box or bag cereal listed below:



Western Family
Corn Squares



Western Family
Corn Flakes



Western Family
Rice Squares



Best Yet
Crunchy Rice Biscuits



Best Yet
Crispy Rice



Best Yet
Corn Flakes



Malt-o-meal
Oat Blenders
with Honey



Malt-o-meal
Crispy Rice



Safeway
Corn Flakes



Safeway
Crispy Rice



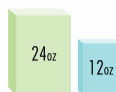
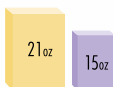
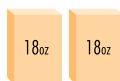
IGA
Corn Flakes



General Mills
Corn Chex

Tips:

Ways to Buy 36 ounces of cereal
(or as close as possible without going over)



FRUITS AND VEGETABLES

Fresh



CAN BUY

- Whole, pre-cut, shredded, or packaged
- Yams and sweet potatoes
- Salad and greens in a bag

CANNOT BUY



- No salad bar items
- No party trays
- No decorative or ornamental
- Not in baked goods
- No roll-ups or fruit leather
- No added flavor, dressing, or dip
- No added nuts, dried fruit, croutons, etc.
- No dried or powdered fruits or vegetables
- No canned or jarred fruits or vegetables
- No herbs or spices (like basil, chinese parsley)
- No other potatoes (like white, red, russet, or gold).

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Frozen



CAN BUY

Any brand and variety of frozen fruits and vegetables

- Whole, cut, or mixed

CANNOT BUY




- No fruit with added sugar
- No added sauce or creamed vegetables
- No added rice, pasta, meat, white potatoes, or noodles
- No french fries, hash browns, or tater tots
- No breaded or battered vegetables

HELPFUL INFORMATION

How to use the WIC Cash Value Voucher for Fruits and Vegetables

What does the cash value voucher look like?

Security State Bank Howard Lake, MN 55349		75-1248 213	ACCT. # 555555	 HAWAII WIC PROGRAM 235 S. Beretania Street, Suite 701, Honolulu, HI 96813 586-8173 (Oahu), 1-800-820-6425 (Toll Free for Neighbor Islands)		
NAME OF CLIENT				FIRST DAY TO USE	LAST DAY TO USE	CHECK NUMBER
SAMPLE, LEILANI				01/20/2012	02/19/2012	5503745
CLIENT I.D.	AGENCY	CLINIC	FOOD PATTERN	FI TYPE	PAY TO THE ORDER OF WIC VENDOR NO.	
16519992	65	01	SS005001	003016SS 60	VENDOR MUST DEPOSIT WITHIN SIXTY (60) DAYS OF FIRST DAY TO USE	
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):					DATE OF USE	
1	C V V	\$10--\$10--\$10--\$10--\$10--\$10--\$10-- TEN DOLLARS (\$10) CASH VALUE VOUCHER REDEEM FOR UP TO \$10 WORTH OF FRESH/FROZEN VEGETABLES/FRUIT NO CASH BACK \$10--\$10--\$10--\$10--\$10--\$10--\$10--			AMOUNT	
XXX XXXX XXXXXX XX					NOT VALID WITHOUT WIC VENDOR AUTHORIZATION STAMP	
					X	
WIC CUSTOMER SIGNATURE AT TIME OF PURCHASE						
@ 5550374 2 @ : 9999999999 : 555555 @						

How will the vegetables and fruit be listed on my checks?

You will receive a special cash value voucher with your regular WIC checks. It will have a set dollar amount listed.

What can I get with this voucher?

You can get any type of fresh and/or frozen vegetables (except white potatoes) and fruit with this voucher. You may also get taro. See page 15 for more details.

How much can I get?

Children receive up to \$6. Women receive up to \$10.

Can I get both fresh and frozen vegetables and fruit at the same time?

Yes. See the Guide for Buying Vegetables & Fruit and Shopping List Worksheet for helpful hints on how to do this and not go over the amount on your cash value voucher.

Do I get cash back or credit on unused portions of the cash value voucher?

No, cash back and/or credit is not allowed.

What if the cost of the items I choose is more than the dollar amount listed on the cash value voucher?

You have the option to pay the difference over the amount listed on your voucher. The difference you pay will be treated as cash payment and will be charged sales tax. If you prefer not to pay the difference, you will need to reduce the amount of vegetables/fruit you have selected.

Is there a tool I can use to help me so I don't go over the cash value amount?

We recommend you use the Chart for Buying Fresh Produce and Shopping List Worksheet when choosing items for your cash value voucher.

The chart can help you figure out the cost of an item priced by the pound. This will help you get the most food with your cash value voucher and not go over the voucher amount. The Worksheet can help you keep track of your total cost when more than one item is selected.

Can I get organic vegetables and fruit with this voucher?

Yes!

Why does WIC allow organic vegetables and fruit but not other organic products like organic milk?

WIC has limited food dollars. Because organic products are often very costly, we could not serve the number of needy participants eligible if we allowed these organic items on our food list.

The cash value voucher is a set amount - no matter what you choose to pick up. We want to offer you the option to choose how you wish to spend it with the least number of restrictions.

Tip: Shop with a calculator (or use the calculator on your cell phone) if you want to avoid spending more than the dollar amount on the fruit and vegetable cash value voucher.

For example:

You have a \$6 voucher and would like to buy apples for \$1.69 a pound.

Enter: 6 divide it by 1.69 and the answer is "3.5". This means that \$6 can buy 3.5 pounds of apples.



HELPFUL INFORMATION

Use the chart below to help you estimate the cost of your fresh fruits and vegetables.

1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound or half pound.
3. Estimate the cost of the item based on the chart.

Price per lb.	1 lb.	1.5 lbs.	2 lbs.	2.5 lbs.	3 lbs.	3.5 lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96



INFANT FOODS

Infant Cereals



CAN BUY

- 8 oz containers of Beech-Nut and Gerber brands.

CANNOT BUY

- No DHA/ARA, prebiotic or probiotic
 - No added formula, milk, fruit or yogurt
 - No jars, cans or single serving packages
 - No organic
-

Infant Fruits and Vegetables



CAN BUY

- 4 oz jars of Beech-Nut (Step 2 or 2-1/2)
- 4 oz jars of Gerber brand (Step 2)
- 4 oz pouches of Safeway® Mom to Mom® brand

CANNOT BUY

- No DHA/ARA, prebiotic or probiotic
- No desserts, yogurts, soups, stews, pastas or "dinners"
- No added sugars, cereal or starches
- No organic

INFANT FOODS cont.

Bananas for Babies



CAN BUY

- Fresh bananas

CANNOT BUY

- Plantains, red and cooking bananas

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Infant Meats



CAN BUY

- 2.5 ounce jar only for meat
- May contain broth or gravy

CANNOT BUY

- No DHA/ARA, prebiotic or probiotic
- No "dinners," soups or stews
- No added rice, noodles, or other pastas
- No organic

CANNED FISH

Any brand of the types listed below, sizes for each type of fish specified below

CAN BUY

- Pink salmon in its own juice
- 7.5 ounce can only



CANNOT BUY ☒

- No flavored
 - No red, sockeye, or blueback
 - No boneless or skinless
 - No pouches or snack packs
 - No organic
-



CAN BUY

- Mackerel in any sauce
- 15 ounce can only

CANNOT BUY ☒

- No organic
-

CAN BUY

- Sardines in any sauce
- 3.75 ounce can only



CANNOT BUY ☒

- No organic
 - No King Oscar or Crown Prince Brands
-



CAN BUY

- Chunk light tuna in water
- 5 ounce can only

CANNOT BUY ☒

- No albacore or fancy tuna
- No pouches or snack packs
- No organic

Breastfeeding

Support & Information

Breastfeeding is a wonderful way to support the growth of your child while nurturing a bond that will last a lifetime.

Mother's milk has everything a baby needs to grow and stay healthy. Breastfeeding is recommended for all babies and their mothers.

Did You Know That Breastfeeding:

- Reduces the risk of ear infections, SIDS, childhood leukemia, obesity, allergic reactions, and stomach problems (less gas, constipation, and diarrhea)
- Helps prevent chronic diseases including diabetes, asthma, heart disease and cancer
- Easy to digest
- Best possible nutrition
- Promotes brain growth
- Saves money in formula and healthcare costs
- Promotes weight loss after pregnancy (burns up to 600 calories a day)
- Protects mom against cancer (less risk of breast, ovarian, and uterine cancer)
- Makes traveling easier
- Breastfeeding is convenient
- Lowers the risk of postpartum depression
- Always ready-no bottles or mixing required



Hawaii WIC Program Women, Infants & Children

While we try to keep the WIC Food List up-to-date, changes do occur. A current copy may be found and downloaded from the WIC Program website at:

<http://health.hawaii.gov/wic>
(or via QR Code Below)



If you are a WIC participant, you can also get a current copy from your local WIC agency.

For information on Oahu call 586-8080
Or toll free 1-888-820-6425



USDA is an equal opportunity provider and employer.

Buying, selling or otherwise misusing
WIC benefits is a crime.

To report suspected abuse, call 800-424-9121
or visit www.usda.gov/oig/hotline.htm

Created for the Hawaii WIC Program
Hawaii State Department of Health

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